



## Active Ager Showcase



### Mr John Leong, 73, Retiree

I am a retiree who has been coping with chronic conditions and various health issues since 1994. I have gone through a total of three surgeries for prostate cancer, sinus polyps, and tumours in my inner ear. In 2010, I unexpectedly lost 6kg within a short span of six months. There was also a frightening episode where I suffered a stroke and had to cope with difficulty speaking and writing for a period of time. Due to my chronic health conditions, I constantly felt lethargic and not at my best state most of the time. Taking

medications daily and going for regular medical check-ups have also become part and parcel of my life.

Despite all these limitations, I try my best to do what I can to improve my quality of life. I exercise daily by walking 10,000 steps a day, maintain a balanced diet and keep in touch with my siblings, friends and ex-colleagues through weekly walks and coffee sessions. In addition, I also receive a lot of support from my own religious group.

I'm doing my best to live my life one day at a time. As I look back on my journey, I'm grateful for the opportunities I've had to spend time with my loved ones – especially my grandchildren. I will continue to enjoy the privilege to do what I want independently while living with chronic diseases.





## ADL+ 2.0:

Enhanced AI-assisted multidomain digital intervention for prevention of cognitive decline in community-dwelling older adults



We're so thrilled to be awarded the National Medical Research Council Challenge (NMRC) Healthy and Meaningful Longevity Translation grant!

The ADL+ 2.0 research programme aims to improve/maintain cognitive health of older adults, through a two-phase approach in evaluating its cost-effectiveness and implementation. Harnessing technology and AI, this 5-year study will see IGA journeying closely with valued partners including NTU LILY Research Centre and LKCMed, Geriatric Education and Research Institute (GERI), NTUC Health and Fei Yue active ageing centres, Bishan East-Sin Ming Constituency and National Library Board among others.

Preparations to launch ADL+ 2.0 in the community are ongoing actively, with steadfast support from our Geriatric Medicine's Cognition & Memory Disorders Service. We're eager to see the rich learning and opportunities that lie ahead, as we progressively roll out ADL+ 2.0 in the real-world context!

## Community Fall-to-Fit Programme

Approximately 33% of older adults experience at least one fall annually, with this figure rising to 50% for those aged 80 and above. Sarcopenia, characterised by the loss of muscle mass and strength, increases the risk of falls which may lead to functional decline and a loss of independence.

Research shows that multicomponent exercise programmes effectively improve physical function in older adults. However, community falls prevention programmes often lack this multicomponent approach, compounded by few sarcopenia prevention initiatives. To address this gap, the Department of Geriatric Medicine developed the Community Fall-to-Fit programme, a proof-of-concept intervention for older adults  $\geq 60$  years. This programme includes multicomponent group exercise classes aimed at enhancing gait speed, reducing fall risk, and maintaining muscle health.

The inaugural run is currently underway, with its successful recruitment of >50 participants from the TTSH Centre for Geriatric Medicine and Kwong Wai Shiu Hospitals and Care Centres. Stay tuned for more updates on this community initiative!



# Built-Environment in Falls and ArthrITis (BE-FIT) study

Built-Environment (BE) – the buildings, structures and spaces we interact with daily – is increasingly recognised as a key factor in promoting healthy ageing. IGA is heartened and privileged to support TTSH in the BE-FIT study, a collaborative project involving Woodlands Health (WH), GERI, Singapore ETH Centre, Khoo Teck Puat Hospital and Rehabilitation Research Institute of Singapore.

Through interviews, quantitative surveys, and innovative technologies, BE-FIT aims to explore the impact of BE and psychosocial factors on physical activity, social participation, and functional outcomes among older adults with a history of falls and/or osteoarthritis. The insights gained will be shared with government agencies such as the Building and Construction Authority (BCA), Urban Redevelopment Authority (URA), and Housing & Development Board (HDB), with the goal of shaping policies that influence both healthcare practices and urban redevelopment.

Currently in the active phase of participant recruitment, we look forward to sharing further insights and updates of this research endeavour which holds promise in contributing to Singapore's continued efforts in building our age-friendly city.



## Inpatient Nursing Frailty Assessment (INFA)

INFA is a Comprehensive Geriatric Assessment (CGA)-based care model specifically designed for frail older adults admitted under non-geriatrician care, aimed at enhancing the quality of care during their hospital stay, thereby leading to improved functional outcomes. Harmonising with one of the overarching goals of the Frailty Ready Hospital, INFA strives to facilitate the widespread use of frailty assessment, knowledge, management tools, and care programmes across all healthcare staff within TTSH.

By utilising routine admission assessments conducted by ward nurses, the INFA care model identifies critical domains such as functional decline, delirium, falls, malnutrition, and sensory impairments, to ensure timely interventions are delivered. Integrating these components into existing care structures enables streamlining of processes and improvement in communication among healthcare teams, ultimately enhancing the care of frail older adults.





# 10th Asian Conference for Frailty and Sarcopenia (ACFS) 2024



Held on 10-11 October in the vibrant city of Bangkok, Thailand, ACFS 2024 brought together renowned experts, healthcare professionals and researchers across Asia to exchange knowledge and foster collaborations in frailty and sarcopenia. Conference topics ranged from integrated care for older people, frailty prevention to sarcopenic obesity.

A/Prof Lim Wee Shiong attended the expert meeting on Integrated Care for Older People (ICOPE) and sarcopenia prevention, which brought together healthcare leaders from across Asia to discuss regional strategies, evidence-based practice, and challenges. Lending his expertise as a core member of the Asian Working Group for Sarcopenia (AWFS), A/Prof Lim also delivered two keynote talks on "Osteosarcopenia: From evidence to practice" and "Sarcopenic Obesity: Challenges in definitions" respectively.

Watch this space for IGA's creation of more evidence-based educational materials on muscle health in the near future!



**SCAN HERE FOR  
IGA EDUCATIONAL  
RESOURCES**



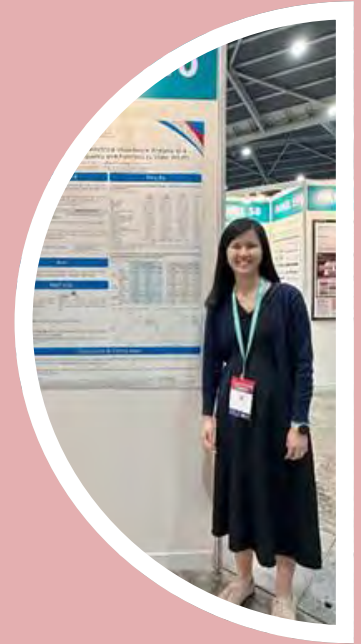
# Singapore Health and Biomedical Congress (SHBC) 2024: Reflections of our Research Assistants

## Neo Meusia

I had the opportunity to attend SHBC in Oct 2024 and present my scientific poster titled "Phase angle from Bioelectrical Impedance Analysis as a Predictor of Muscle Quality and Function in Older Adults" at the poster village. This experience has honed my presentation skills, in particular the craft of succinctly conveying the crux of the contents in an easy-to-follow manner.

Apart from insights gleaned from other poster presentations, one conference topic that stood out to me was the sharing on cluster-wide health programmes and movements launched in schools and workplaces. Beyond research, it was encouraging to learn about these ongoing initiatives that promote healthy diets, exercise and active lifestyles across all ages, and to hear successful stories and testimonies.

**“Attending the conference has broadened my perspectives of ongoing efforts to improve population health both locally and globally.”**



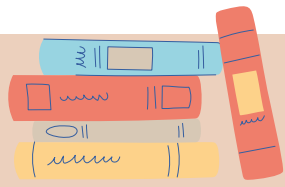
## Gautham Premanathan

Attending SHBC 2024 was an interesting experience for me. Themed "Adding 15 million years of healthy life",

**“the sessions duly highlighted and reminded me about the importance of balancing longer lives with better quality of life.”**

As someone who's trained in science, I was fascinated by the medical humanities track, particularly the use of performance arts to illustrate complex healthcare issues. This artistic approach can positively impact audience from different social and ethnic backgrounds. Through turning complex healthcare concepts into easy-to-understand narratives, performance arts can foster greater awareness and empathy, and potentially break barriers surrounding pertinent topics such as advance care planning.





# Education & Learning

## Seniors Masterclass

In an inaugural collaboration with NHG Central Region Trauma Services (CRTS), IGA organised our 'Falls in Older Adults' Seniors Masterclass online over 4 sessions. This comprehensive format featured a multidisciplinary panel including a surgeon, occupational therapist, physiotherapist, and psychologist for each webinar, alongside a geriatrician as moderator. Participants appreciated the invaluable insights and practical tips from the speakers, with questions aplenty!

Falls are often mistakenly viewed as an inevitable part of ageing, leading many to dismiss or forgo seeking medical advice. However, the consequences of falls and the associated fear can significantly diminish the quality of life for older adults.

In designing the masterclass to educate and empower both the public and healthcare professionals with effective falls prevention and management strategies, it was indeed heartening and affirming to see an impressive turnout of 400 participants per session. Kudos to all who made this a success!

### FALLS IN OLDER ADULTS SENIORS MASTERCLASS

Falls are the leading cause of injuries in Singapore with older adults at higher risk. Many people choose to dismiss falls as a natural part of the ageing process and do not seek medical assistance, unless the injuries are severe. The impact of falls and fear of falling can affect older adults' quality of life.

This July, JOIN US ONLINE and be empowered by our TTSIH healthcare professionals on falls prevention and management tips!

REGISTER NOW 



- #### FIRST AID FOR INJURIOUS FALLS

2 Jul, Tue, 12.00 - 1.00PM

In an emergency scenario, swift first aid followed by prompt transfer to hospital can be lifesaving and potentially reduce long-term complications from fall-related injury.

<b>Speaker</b>	<b>Moderator</b>
 Dr. Ho Hong Yee Consultant General Surgery	 Dr. Bao Minfang Assoc. Consultant Geriatric Medicine
- #### FALL-PROOFING YOUR HOME

8 Jul, Tue, 12.00 - 1.00PM

Seniors experiencing decreased mobility often choose to spend a significant amount of time at home. The presence of potential hazards or absence of supportive features in the home environments may increase the risk of falls.

<b>Speaker</b>	<b>Moderator</b>
 Ms Sheryl Lee Occupational Therapist	 Dr Chia Jia Qian Consultant Geriatric Medicine
- #### EXERCISES TO REDUCE FALL RISKS

16 Jul, Tue, 12.00 - 1.00PM

Research has shown that engaging in physical exercise, modifying dietary habits and undergoing cognitive training can prevent falls in older adults.

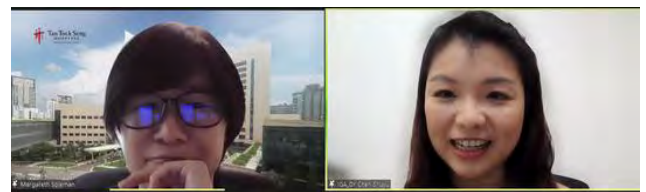
<b>Speaker</b>	<b>Moderator</b>
 Ms Dawn Kow Physiotherapist	 Dr Daphne Yang Consultant Geriatric Medicine
- #### PSYCHOLOGICAL TRAUMA AFTER A FALL

23 Jul, Tue, 12.00 - 1.00PM

Older adults who have fallen before may develop fear of falling. This fear can be incapacitating, leading to anxiety, self-imposed limitations on activities, and other detrimental effects on wellbeing.

<b>Speaker</b>	<b>Moderator</b>
 Ms Margaret Solesman Psychologist	 Dr Chen Shuyu Consultant Geriatric Medicine



## Frailty-Ready Hospital (FRH) Edu Series

IGA completed an 8-month long FRH educational series from March to October, aimed at empowering our staff with essential knowledge and skills about frailty for enhanced patient care. Each month saw various aspects of frailty management (such as physical, cognition, social, etc.) presented through infographics, accompanied by a fun quiz to reinforce learning.

With a response rate of some 200 participants each month and a total of 80 winners walking away with vouchers for their correct answers, we hope this initiative has helped our staff better understand frailty management as we work towards our shared goal of being a Frailty-Ready Hospital.

### Frailty Ready Hospital Oral Health

Older people with swallowing difficulties or poor oral health are at greater risk of pneumonia, malnutrition and sepsis. Strategies to maintain oral hygiene can reduce the risk of aspiration pneumonia and improve nutritional status.

- #### Encourage brushing twice daily - morning and night

Brushed patients with cognitive impairment when it is time to brush their teeth
- #### Assist these patients with twice daily oral care

1. Patient with no teeth: Use oral care sticks  
2. Patient with teeth: Use toothpaste  
Both can gel depend on individual's mouth health

**Positioning strategies:**

  - Approach patient from the front
  - Ask patient to open to gently remove the gel and check for available sites
  - Encourage patient to brush their teeth fully. Place on top of accessible sites
  - Encourage patient to spit out the gel and swallow
  - Encourage patient to brush their teeth fully. Place on top of accessible sites
  - Encourage patient to spit out the gel and swallow

Open to ALL staff with 100% participation chance to win \$1000 voucher!

### Frailty Ready Hospital Medical

Is there anything healthcare professionals can do to manage frailty? Absolutely!

- Frailty and its adverse outcomes can be prevented with interventions tailored to the individual patient.
- Many chronic diseases and multimorbidities are associated with frailty.
- Optimising these conditions may help to prevent or reduce the progression of frailty.

**Frailty prevention:**

- Identify causes of frailty in those exposed
- Identify clinical presentation
- Identify potential for hospital admission
- Identify potential for hospital admission

**Identifying progression to frailty of those at risk:**

- Early recognition and management of symptoms
- Early recognition and management of symptoms
- Early recognition and management of symptoms

**Primary prevention:**

- Preventive aspect of frailty
- Age appropriate health screening
- Early recognition and management of symptoms
- Early recognition and management of symptoms
- Reduction of risk factors e.g. smoking cessation

Open to ALL staff with 100% participation chance to win \$1000 voucher!





# International Day of Older Persons (IDOP)

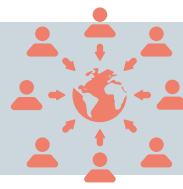
We had a fulfilling time organising IDOP this year! On a cosy but impactful scale, IGA celebrated ageing through two remarkable collaborations with the National Library Board (NLB) and National Heritage Board (NHB).

Over the 3-month span from September to November, IGA hosted exhibitions at the Central, Toa Payoh, and Serangoon public libraries, showcasing inspirational life stories of three incredible active agers. Highlighting different aspects of ageing, their narratives encourage and remind us aptly that we can all take steps towards healthy ageing. These exhibitions culminated in cognitive health workshops, during which participants had fun learning and battling minds for some cognitive game competition.



With NHB, IGA conducted a 'Chat, Craft & Connect' workshop for 24 pairs of persons living with dementia (PLWD) and their caregivers at the National Museum of Singapore's Reunion Space in October. As the name implied, we hoped to support caregivers in fostering meaningful connection with their loved ones through the sharing of communication techniques and engaging activities harnessing the power of music.

# Influence and Impact



## Chang Gung Site Visit

We were honoured to host A/Prof Wang Jeng, A/Prof Chao Li Fen and A/Prof Kuo Wen Yu from Chang Gung University of Science and Technology, Taiwan, for a productive 3-day visit in October. This wonderful exchange opportunity ignited many fruitful discussions including with our preventive & population health and nursing colleagues, sparked interesting ideas and deepened the learning spirit in all. We concluded the visit with this newfound friendship and keen anticipation of future collaborations.



## Grants

- **NHG Enhanced Population Health Fund (EPHF)**  
Community Fall to Fit
- **National Medical Research Council (NMRC) Healthy and Meaningful Longevity - Translation Grant Call**  
ADL+ 2.0: Enhanced AI-assisted multidomain digital intervention for prevention of cognitive decline in community-dwelling older adults



## Awards

- Consumption of Coffee, Tea, and Caffeine at Midlife, and the Risk of Physical Frailty in Late Life (A/Prof Lim WS, co-author). JAMDA 2023 Morley Award.
- Calf circumference measurement protocols for sarcopenia screening: Differences in agreement, convergent validity and diagnostic performance. Dr Melissa Piodena-Aportadera, et al. Most highly cited paper award 2024, Annals of Geriatric Medicine and Research.



# Research Collaborations

(Highlighted)



- **Global Leadership Initiative in Sarcopenia (GLIS), Outcomes Working Group.** A/Prof Lim Wee Shiong.
- **Asian Working Group for Sarcopenia (AWGS) 2025 update.** Dr Lim Jun Pei and A/Prof Lim Wee Shiong.
- **Asian Working Group for Sarcopenia (AWGS), Working Group on definition of sarcopenic obesity in Asian populations.** Dr Lim Jun Pei and A/Prof Lim Wee Shiong.
- **Rapid review of brief screening tools for dementia in Singapore.** Collaboration with Geriatric Education and Research Institute and Singapore Clinical Research Institute. Dr Lim Jun Pei, Dr Sabrina Lau, A/Prof Ding Yew Yoong and A/Prof Lim Wee Shiong.
- **Vitality in the World Health Organization (WHO) Intrinsic Capacity Framework: A Scoping Review of Definitions and Measurements.** Collaboration with LKCMedicine, National Technological University and the University of Adelaide. Dr Justin Chew, Dr Joshua Lee, Dr Herb Hernandez and A/Prof Lim Wee Shiong.
- **Validation of the AdanteFit electronic Short Physical Performance Battery (eSPPB) kiosk in Community-Dwelling Older Adults.** Collaboration with Dyphi Inc. Dr Daphne Yang, Dr Herb Hernandez, Dr Louise Heyzer, Dr Joanne Kua, Dr Noor Hafizah Ismail and A/Prof Lim Wee Shiong.



# Media Engagement

## Let's talk about sarcopenia



In this episode of Channel 8 edutainment programme, Dr Chia Jia Qian, Consultant from the Dept of Geriatric Medicine discussed ageing and sarcopenia with show hosts and guest artists.



## Commentary: Frailty is often overlooked in discussions about growing old



As Singapore's elderly population grows, frailty is emerging as a pressing health challenge, say Tan Tock Seng Hospital's Dr Tan Huei Nuo and Jasmine Kang, and National Healthcare Group's Dr Chen Wei Ting.



## Nursing homes shouldn't be a guilt-ridden choice for overwhelmed caregivers



Hear from Tan Tock Seng Hospital's Dr Jamie Mervyn Lim and Dr David Ng as they shared about how nursing homes in Singapore have evolved and become a much-needed alternative care for seniors.

